

"It All Began Here!" - Wilde Lake e-News January 17, 2020



Holiday Closings for Martin Luther King Jr. Day

Slayton House will be closed Monday, January 20 in observance of Martin Luther King, Jr. Day. For information on the Howard County schedule [click here](#)

Reiki Workshop



Wednesday, January 22, 2020, 6:45pm
at Slayton House

**Free Workshop to learn about Reiki from
Kelly Neylan of Lasting Light Wellness**

**Advanced Registration encouraged. Go to [Eventbrite.com](https://www.eventbrite.com),
Wilde Lake Health & Wellness Presentation**

Questions? Contact Laura Torres at [lmt4941@yahoo.com](mailto:lm4941@yahoo.com)



Neighborhood Center Survey - CA Needs Your Input

Columbia Association's Board of Directors regularly evaluates strategic options for how best to serve the community. One strategic discussion involves Columbia's neighborhood centers — buildings that were originally conceived as community gathering spaces for meetings and for cooperative nursery schools. [Please complete our survey about Columbia's neighborhood centers.](#) Your input is valuable to CA's Board of Directors as these strategic discussions continue. This survey will be open through Tuesday, January 21. The survey results are expected to be provided to CA's Board of Directors on Thursday, January 23.



**Road to Kindergarten:
Information Workshops**

Do you have a child who will be 5 years old by September 1, 2020? Come to an information session about Kindergarten in the Howard County School System. Learn about school readiness, details about the kindergarten program, information about registration and ways families and children can be

supported during the transition to kindergarten.

Chose a session that is convenient for you. No registration required. Note: If Howard County Public Schools are closed for inclement weather, the session is cancelled. To choose a session, [click here](#).

For more information [Click here](#), or go to www.facebook.com/HoCo.road.to.kindergarten or call 410-313-5693.



Village Elections 2020

Village Elections will be held on April 25, 2020. There are five seats on the Village Board and one seat for the Wilde Lake representative to the Columbia Council.

The nomination period opens on February 18, 2020. Interested residents can obtain a

candidates' packet at Slayton House or on the website. The packet includes a petition to run for the Village Board or Columbia Council, which must be signed by neighbors and returned by March 11 at 9pm. More information will be available soon on our website. If you have any questions about the election process, please contact Kristin Shulder, Village Manager at wica@wildelake.org or Carole Black, Program Administrator at gallery@wildelake.org.

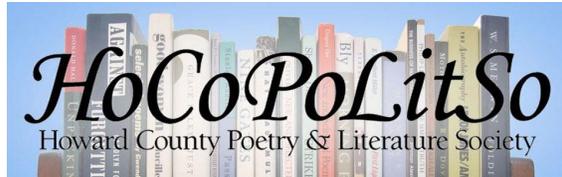
Health and Wellness Tip #3 - Managing Stress

Happy New Year! Hopefully you enjoyed the holidays and are ready to start off 2020 in a healthy manner. One culprit to sabotaging a healthy lifestyle is stress. But there are ways to manage it. Below are 6 tips for managing stress:

1. Identify your Triggers - Once you know where your stress is coming from—a relationship, kids, workload, a health problem—you can sometimes reduce or prevent the stress.
2. Stay connected - Maintaining, improving, and increasing healthy relationships with supportive friends and family powerfully promotes resilience
3. Stay active - Physical activity releases feel-good endorphins
4. Find your “pause” button - Consider spending quiet time daily: contemplation, reflection, and breathing fosters resilience and calm
5. Plan your fun - To prevent the daily rush from consuming your life, plan your fun for the day, week, month, or year

1. Reframe your thinking about stress itself - Stress responses, including faster heart rate and breathing, evolved to improve our performance in stressful situations. Reminding yourself of stress's evolutionary value may improve your performance and paradoxically reduce feelings of stress, in that you're not adding “stress about stress” to the stress the original trigger aroused.

This information is provided by the Wilde Lake Health and Wellness Committee. For more information contact Laura Torres at lmt4941@yahoo.com



HoCoPoLitSo's 42nd Annual Irish Evening of Music and Poetry

Friday, February 21st 7:30 p.m.
Smith Theatre, Horowitz Center, HCC
HoCoPoLitSo's annual Irish Evening will feature three-time Pulitzer Prize nominee

and National Book Award winning author Alice McDermott, Celtic rock band O'Malley's March fronted by former Md Gov. Martin O'Malley, and step dancers from the Teelin Irish Dance Company. Irish coffee, Guinness, other beverages and books will be offered for sale beginning at 7 p.m. and during intermission. Tickets 443-518-4568 or <https://www.brownpapertickets.com/event/4416880>

Clarence Carvell Exhibit at the Bernice Kish Gallery

Come visit the Bernice Kish Gallery January 16- March 14, 2020 to see a photography exhibit by Clarence Carvell, titled "The National Road....a photographic journey", which includes images of a forgotten national treasure. Reception: January 26, 3-5pm

NOTE: The Bernice Kish Gallery is seeking artists to exhibit in 2021. If you are interested, you may submit an application available on our [website](#) or contact Carole Black, Gallery Director at gallery@wildelake.org for more information.



Mark Your Calendars!

- **Camp of the Arts Registration has begun!** www.campofthearts.com
- **January 16 - March 14:** Art Exhibit: Clarence Carvell
- **January 17:** Game Night at BWES 7pm
- **January 18:** Jazz at the Lake at Rouse Theatre, 7pm
- **January 20:** Slayton House closed in observance of Martin Luther King, Jr. Day
- **January 22:** Reiki Workshop at Slayton House, 6:45pm
- **January 23:** CA Board Meeting/Work Session 7pm [click here for agenda](#)
- **January 26:** Art Reception, 3-5pm
- **January 28:** RAC meeting, 7:00pm ([Click here for agenda](#))
- **February 3:** WLVB meeting, 6:30pm

Slayton House Theatre Camp of the Arts

A Musical Theatre Camp. Where friendships begin and confidence emerges.

Registration Underway

Rising Stars Session I July 20-July 31

Rising Stars Session II August 3-14

For campers in Grades 1-8

For more information visit

CampoftheArts.com



[Click here for agenda](#)

- **February 18:** Nomination period begins for Village Board and Columbia Council Rep